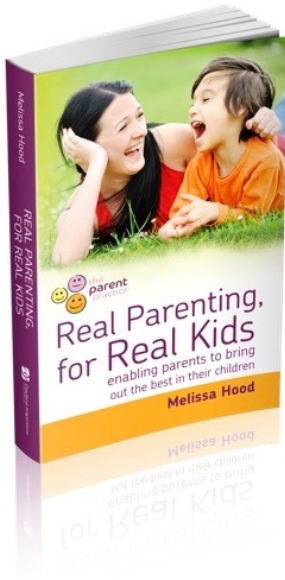


Real Parenting, for Real Kids

Melissa Hood

Launched in Australia in partnership with Chain Reaction Foundation

26 August 2016, \$29.95



Acclaimed parenting educator, author and co-founder of the UK's [The Parent Practice](#) Melissa Hood has worked with real people dealing with real parenting problems for nearly 20 years.

Her book, *Real Parenting, for Real Kids*, combines the latest research from the fields of neuroscience and psychology with real-life parenting strategies that actually work, tried and tested by the creative and resourceful mums and dads who attend The Parent Practice's courses.

Its aim is to help us understand what really makes children tick, how the actions of parents can bring out the best – or worst – in them and the seven simple yet essential parenting skills that will improve our relationship with our children.

Non-judgmental, practical and thoroughly authoritative, *Real Parenting, for Real Kids* will help parents everywhere better understand their children and bring harmony to their homes.

Lawyer-turned-parenting-educator Melissa is in Australia in association with not-for-profit Chain Reaction Foundation, to whom she is generously volunteering her time and expertise at the Foundation's Mt Druitt Learning Ground as an honorary specialist consultant working in program development, in particular the Family Skills Program and parenting workshops.

Talk to Melissa about...

- How to get your kid to do what you ask
- Disciplining kids calmly and positively without shouting
- Building resilience, confidence and cooperation skills
- The seven essential parenting skills every carer should know about
- Guiding your child through the maze of the digital world
- What parenting skills classes can do for you

Notes to media:

- [Chain Reaction Foundation](#) is an Australian not-for-profit that receives public and private funding for its family skills and behavioural change management programs. Its Founder/CEO is Margaret Bell AM (see below).
- [Mt Druitt Learning Ground](#) runs life skills and behavioural change management programs for disadvantaged Australians of culturally and linguistically diverse backgrounds. Much learning is drawn from the values of Aboriginal traditional and contemporary thought.
- The Parent Practice offers a range of services and resources to parents, professional child carers and corporations. It was established in 2004 and is based in London.
- Melissa is an experienced media commentator. See [past media coverage here](#).

*** Melissa Hood and Margaret Bell AM are available for interview and commission from Sydney until 7 September ***

More://

Media enquiries: Emma Noble at Noble Words Communications

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“The challenge for parents is to support their children without setting them up for failure. Melissa Hood’s contribution to this goal is both refreshing and uplifting in its authoritative clarity and compassion... exceptionally user friendly in its anecdotes, reader reflections and presentation of its vast underpinning research.”

—Kon Kalos: parent, Primary Principal, Secondary Teacher and Tertiary Research Academic
(Faculty of Education, University of Western Sydney)

About Melissa Hood:



Founding director of The Parent Practice, Melissa Hood has led hundreds of parenting classes for over 18 years. She has a Certificate in Systemic Family Therapy (Birkbeck) and is trained in NLP, Group dynamics, Non-verbal communication and Supporting Separated Families. She also trained with the US-based Gottman Institute in couples therapy and was certified to lead Bringing Baby Home Workshops in 2010.

Melissa first took a parenting class herself when one of her sons, diagnosed with dyslexia, was in trouble at school because of impulsive, aggressive and disruptive behaviour. Melissa and husband John wanted to address the behaviour, as well as help him academically. The advice transformed their family life as they learnt how to understand their children’s needs better, communicate more positively and improve their confidence.

About Margaret Bell AM:



Margaret has a background as a social worker and an MA in educational psychology. She has worked for some years with disadvantaged families in countries throughout South-East Asia. She was the founding President of Volunteering Australia and the World President of The International Association for Volunteer Effort (IAVE). She was also a founding Director of CIVICUS, the world alliance for Citizen Participation.

Margaret is passionate about social cohesion. She is the founding President/CEO of Chain Reaction Foundation. Chain Reaction works nationally and locally to create cohesive inclusive communities. The recipient of many awards, Margaret is a member of the Order of Australia and has been acclaimed by two Secretaries General of the United Nations as a world leader in volunteering and community development.

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Buy the book from Chain Reaction Foundation [here](#).

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